RULER Program Involvement

The RULER program is a Yale based social-emotional learning program that can be implemented in schools. The program includes incorporating emotional intelligence as part of the school curriculum through anchoring emotional intelligence within the subject area classes (Yale Center for Emotional Intelligence, 2013).

Throughout my internship year I have been attending bi-monthly RULER committee meetings. At these meetings we often discuss new and creative ways to incorporate the program in the classrooms. The guidance department ran a program where students made signs based on the Mood Meter and Meta-Moment tools. These signs were placed around the schools in high traffic areas so that all students had the opportunity to see them.

I have seen the struggles the committee chairs have been facing in trying to have the program reach all of the students. As a committee we have tried to make the program activities different for the sixth grade students, as they have already been exposed to the program for a year. The fifth grade students are getting exposed to the material for the first time this year and it has been successful.

I have been able to utilize the Mood Meter tool with the student that I see for counseling. It has been effective because he is very familiar with it since he has been exposed to the program for two years. Since the student is communication impaired, the RULER curriculum has also been beneficial because it teaches age appropriate feelings words. Not only has the student been able to become more self-aware of his emotions, the program has helped shape and expand on his feelings vocabulary so he can appropriately express his emotions.

Since the program is still in the implementation phase I still see that there is some need for more teacher buy-in. Some of the teachers do not know how to fit the program into their class curriculum. This challenge has put stress on the RULER committee to come up with ideas of how teachers can tie the program into different areas of study creatively beyond just checking in with students. However, the teachers who have already bought-in to the program are using it in the classrooms successfully.

Working with the RULER committee has been a great experience, especially because the program is still new to the school. I have been able to see how to get teacher buy-in and how the committee works to implement the program school-wide. I have also seen instances where the program works well and situations where the program may need to be looked at in a different way. It has been an enjoyable experience trying to creatively think of how to use the program in different classes and how to incorporate RULER as part of everyday school life.

Yale Center for Emotional Intelligence. (2013). RULER. Retrieved from RULER

Overview: http://ei.yale.edu/ruler/